



# **ABSTRACT**

The invention relates to a method for preparing free polyunsaturated fatty acids and their oxidation metabolites, wherein, successively,

- the production of polyunsaturated fatty acids and of their oxidation metabolites is stimulated, in a red alga, by the action of an elicitor which is peptide, lipid or saccharide in nature, and then
- the polyunsaturated fatty acids produced and also their oxidation metabolites are extracted.